

## What lists to create? When to use these lists?

### What am I looking for in a spouse.

- **What kind of life I want.** And what kind of spouse would be a good partner for me in that life? This would include life values and vision, as well as character traits.
- There really is no need to include qualities that everyone wants in a spouse: kind and caring, respectful and respectable, honest, emotionally healthy, put together.
- As you work through a list of typical qualities that show up on shiduch lists (ex; height, family, etc.), it is also important to state to yourself WHY that is so crucial to you for a successful marriage.
- Your list should include things that are unique to you. (ex: if you will be in an industry that need frequent travel, then you need a spouse that can hold down the fort without you).
- **Deal breakers/ “I can’t stand” list.** Make a (short) list of personality traits that really bug you. Some examples might be: tries to seem more important than he really is; works too hard and doesn’t know how to chill; is full of self pity; rude; petty and focuses on imperfections.  
*Make sure that whatever you put on this short list is so crucial to you that if your spouse did do that on a consistent basis, it would indeed create a major wedge between the two of you.*

*These lists are the base for the profile, how to describe the single and for reference research.*

*Do not share this list with a shadchan; these are more like ‘talking points’ when talking about a shiduch.*

### Other lists

- **What I want to share during dating** Who am I? What do I want make sure I share about myself? What do I want to make sure that the other person knows and accepts about me.

*This list can be used to plan what, how and when to share during the dating. As applicable, think about how much to share at each time, what wording to use, and what support conversation or material to share.*

- **What I want to make sure I learn about the other person.** In addition to the items on the ‘what kind of life do I want’ list already created, add things such as medical condition, priorities, money styles.

*This list can be used to plan what, how and when to ask about these things during the dating.*